

# STUDY SMART: MAKE TEST QUESTIONS

*Students practice studying by making up test questions*

## Zone In *Question of the Week*

1. Tell students they will present either a YES or NO to the question. They have 2 minutes to put together their arguments.
2. Question: *Should doctors prescribe anti-depression medication to teenagers who are depressed?*
3. Group can divide into YES and NO sides; or assign. Groups chooses a Speaker.
4. Time 2 minutes. Each side's Speaker presents for 1 minute.
5. Ask for show of hands—YES, NO.

## Topic *Studying for tests with practice questions* (Materials: **Teenage Depression** ♦♦♦ and index cards)

## Introduction

**Ask:** How do you study for English tests? Does anyone have advice?

**Explain:** Techniques for studying:

- Re-read class notes.
- Re-write or summarize notes. (Go to the Passing Zone for forms!)
- Skim readings (read quickly). Use highlighter, underline, or take notes.
- Know what kind of questions will be on the test. Ask your teacher.
- Make up test questions and answer them.
- Don't wait until the last minute to study.

## Activity

Making test questions to help study for tests.

- Distribute the reading **Teenage Depression ♦♦♦** and 2 index cards to each student.
- Have everyone read the handout. Students may read in pairs.
- After reading, ask students to think of two test questions based on the reading. Have each student write his/her name and one test question on each index card.
- Collect all the cards, shuffle them, and give them to a student to hand out, two per student.
- Have students answer questions and ask the writer of the question (whose name is on the card) if they gave the correct answer.

## Wrap up

Go to the **Passing Zone** for more study ideas. There are index cards for flash cards, and for making up questions. Go with a friend to study.



CLINIC 18 HANDOUT

# TEENAGE DEPRESSION

According to Young Minds, in a school of 1,000 pupils aged 14 to 18, 50 of them might be seriously depressed. As many as 1 in 5 could be affected at some time. We investigate why more and more teenagers are suffering from mental illness.

## **A difficult time**

Being a teenager has always been difficult. Emotions and moods change rapidly. Many teenagers feel confused and afraid when the safety of childhood is left behind. These days, experts say that things are even harder. Peter Wilson, the Director of Young Minds, says, "We live in particularly difficult times for a growing youngster. There are huge cultural pressures and a lot of broken homes. Kids may have difficult relationships with parents, or in other cases, have no one to support them."

## **No one is happy all the time**

Everyone feels unhappy, lonely, or misunderstood from time to time. But a small number of teenagers become depressed for weeks or months without change, and they begin to find that they can't continue with their normal lives. Many teenagers don't want to ask or don't know how to ask for help. Perhaps they don't even realize they are depressed. It is usually other people—friends, parents, or teachers—who identify the symptoms of depression and offer help. One teenager explained that after a close friend had died, "I stopped believing that anything could be any good anymore. I became very aggressive, I snapped at my parents and I lost touch with friends. Things were bad for me for a year, until, fortunately for me, a teacher noticed that things were wrong."

If you recognize these symptoms in yourself or a friend, there are lots of things that can be done. You can't expect yourself, or someone else, to just "snap out of it." You need to find ways to cope with feelings.

## **How to help yourself or someone else**

If you are worried about a friend, listen to their problems and try to be sympathetic, and be patient. Most important, try and help them find help. If you're feeling blue yourself, don't panic—you need to try and understand your emotions. You are not the first person to feel like this. Try writing things down in a diary or talking to a friend. Perhaps writing a poem or song, drawing a picture or listening to music will help you express and understand your emotions. But most important of all, do something you enjoy, whether it's watching TV, playing sport(s), or just going for a walk.

## **Talk to someone**

It is a good idea for teenagers who feel depressed to try and talk to someone they like and feel comfortable with. But if they don't want to talk to friends and family there are lots of people who are there to help. They could talk to their teacher, school nurse, or maybe their doctor. Alternatively, there are telephone helplines which give confidential help to anyone with a problem. Talking to someone might help others cope with how they are feeling.